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## AUTISM AWARENESS: TRAINING PROGRAM ON AUTISM EMPOWERS FAMILIES

April 29, 2011 by cpehrson



Learning that your child has autism is a difficult thing for parents. Many families have expressed that when their child was first diagnosed, they felt overwhelmed and confused and didn't know what to do first.

*Knowledge is power*, as the quote goes. For families, understanding autism, the challenges and treatments, is empowering and helps parents to move forward, making the decisions that will best benefit their child.

One CPD project has developed a caregiver education series for families of children with newly diagnosed autism spectrum disorders (ASDs). The training curriculum provides information on key topics that will help families to understand their child's diagnosis and the intervention options available.

The twelve-hour training program consists of six, two-hour modules and includes a trainer's guide with accompanying DVDs featuring presentations by doctors, therapists, parents, special educators and others on ASD information, treatment, and resources.

Each module addresses key topics including: Building Resilience; Behavior Management; Introduction to Autism and Early Intervention, Pre-school Education Services; Communication and Sensory Integration Issues; Interventions; and Finding Resources.

The curriculum, called the *ABC's of Autism*, was originally developed by Lori Krasney, a Utah Regional Leadership Education in Neuro-developmental Disabilities (URLEND) trainee. Lori worked on the training modules for her leadership project at URLEND and in conjunction with the Utah ASD Development project. Gina Cook and Marilyn Hammond of the UASD project continued to work on the curriculum in developing the training modules and piloting the training with families in St. George and Salt Lake City.

The trainings will be available in the fall through the Utah Family to Family Health Information Center in partnership with families and their local communities.

***Note: This is the last in a series of blog posts during April's Autism Awareness Month of how the CPD is supporting and providing research, services, and resources for children with autism.***